

ANTIOXIDANTS ARE PERHAPS THE BEST NATURAL DEFENCES AGAINST HARMFUL SUBSTANCES.

Antioxidants neutralize excessive free radicals.

Fruits, vegetables, wines and cacao's specific pigments are high in antioxidants.

- Vitamin A (Beta Carotene)
- Vitamin C
- Vitamin E

Trace minerals like:

Selenium, Zinc, Copper and Manganese.

Teas, Grape seed and pine bark are all antioxidants.

Antioxidants also have an antiviral and anti-inflammatory effect.

They may help with combatting and enhance:

- Cardiovascular problems
- Asthma
- Vision (prevents cataracts)
- Skin & Gum disease
- Cancer Prevention
- Boost immune system
- Boost circulation
- Liver detoxifier
- Joints and arthritis
- Respiratory system
- Diabetes

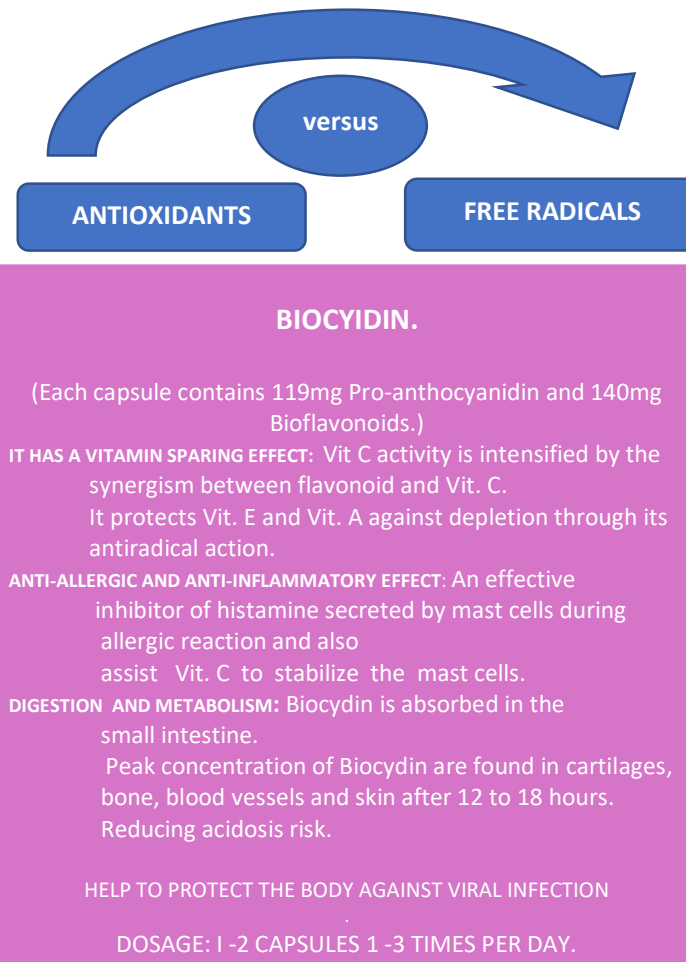
Flavonoids: Blue to purple in colour may reduce the risk for a stroke and lower blood pressure. Generally water-soluble.

Flavonoids have anti-oxidative, anti-inflammatory, anti-mutagenic and anti-carcinogenic properties coupled with their capacity to modulate key cellular enzyme function. They have detoxifying agents and act as unique UV filters. Flavonoids may have preventive action against atherosclerosis, because can inhibit LDL oxidation

Carotenoids: Red, orange and yellow pigmented fruits and vegetables slow down the ageing process. According to the Physicians Committee for Responsible Medicine, they have strong cancer-fighting properties.

From: Dr. Lester Packer, Ph.D

(Antioxidants for health and Longevity)



PRO-ANTHOCYANIDIN

EXTENSIVE RESEARCH HAS SHOWN THAT THIS IS THE MOST POWFUL ANTIOXIDANT AVAILABLE TODAY.

"It also has the ability to cross the blood-brain barrier directly.

Protect brain cells against free radicals"

- Improve Diabetic complications.
- Anti-cancer properties.
- Dental and urinary infection.
- Escherichia coli
- Streptococcus

They occur predominantly in the outer cell layers of various fruits such as cranberries, black currants, red grapes, merlot grapes, raspberries, strawberries, blueberries, bilberries and blackberries.

"Uncontrolled free radical processes may be critically involved in the cause and progression of numerous disease conditions."

David J. Lin B.S.

From:

The Yeast connection Handbook

by William G. Crook, MD.

Smoke from tobacco, air pollutants and pesticides encourage the production of free radicals.

FREE RADICALS ARE MOLECULES WITH ELECTRONS WHICH ARE UNPAIRED (STABLE MOLECULES HAVE ELECTRONS IN PAIRS, LIKE A BUDDY SYSTEM). BUT IF A MOLECULE HAS AN ELECTRON WHICH DOES NOT HAVE A PARTNER, IT BECOMES UNSTABLE AND REACTIVE. IT WILL STEAL AN ELECTRON FROM A STABLE MOLECULE.

DAVID LIN.

Once the stable molecule loses an electron, it becomes another free radical. The second free radical will steal an electron from a third molecule, and a destructive cycle begins. Each time a molecule loses an electron it is damaged and will change another molecule.

ON THE OTHER SIDE OF THE COIN, THEY HELP OUR IMMUNE SYSTEM DESTROY BAD BACTERIA AND VIRUSES. *Free radicals are only bad if produced in excessive amounts that they can then damage the body.*

Free radicals can cause the following diseases:

- Heart disease
- Cataracts
- Arthritis
- Parkinson's